Objective:
To progress toward a mature, firm faith, lived from the heart, with solid habits of prayer, formation, sacraments, and charity.

Week 1: Return to the Heart – Rediscover the Essentials

Focus: Reorder the interior life, review foundations, return to what is simple yet essential.

Formation:

- Read one chapter from the Gospel of Mark each day (16 chapters – 2 per day, with meditation).
- Study the Catechism: Articles 1–106 (Creation, Revelation, Faith).

Prayer:

- 20 minutes of mental prayer daily (can be based on the Gospel).
- Angelus at noon (or Regina Caeli during the Easter season).
- Pray the Rosary at least three times during the week.

Sacraments:

- Go to Confession at the end of the week with a detailed examination of conscience.
- Attend Sunday Mass with prior preparation (readings and prayer beforehand).

Practical Task:

- Set up a designated prayer space at home.
- Create a weekly schedule that includes time for God.

✍ Write in Your Spiritual Journal:

- What is preventing me from loving God with all my heart?
- What must I change this week to make more room for the Lord?

Week 2: Interior Structure – Discipline and Consistency

Focus: Establish firm habits, discipline the senses, order the affections.

Formation:

- Begin reading a classic spiritual book (e.g., *The Imitation of Christ* or *The Way* by St. Josemaría – 2 pages a day).
- Study the Catechism: Articles 107–231 (Christ and Salvation).

Prayer:

- 30 minutes of prayer daily (half spiritual reading, half dialogue with God).
- Full daily Rosary (mysteries according to the day).
- Litany of the Sacred Heart on Fridays.

Sacraments:

- Attend weekday Mass at least once.
- Make a weekly Holy Hour before the Blessed Sacrament.

Practical Task:

- Choose a daily "sacrifice" (fasting from social media, food, speech...).
- Fast one day during the week (Wednesday or Friday).

✍ Write in Your Spiritual Journal:

- Am I consistent in what I promise to God?
- What are my biggest distractions? How can I overcome them?

Week 3: The Gift of Self – Charity, Service, Generosity

Focus: Step outside oneself, practice concrete love, embody the faith.

Formation:

- Read the Gospel of Luke (1 chapter per day).
- Study the Catechism: Articles 232–421 (Holy Spirit and the Church).

Prayer:

- Morning and evening prayer with acts of offering and thanksgiving.
- Meditate daily on one work of mercy (corporal and spiritual).
- Pray the Rosary with an intercessory focus: offer it for specific people.

Sacraments:

- Attend Mass twice during the week.
- Prepare for a good Communion by visiting the Blessed Sacrament the day before.

Practical Task:

- Visit someone who is lonely, ill, or in need.
- Perform a concrete work of charity: donate, cook, accompany, comfort.

✍ Write in Your Spiritual Journal:

- Do I truly love? Whom do I find difficult to love?
- What is God asking me to give without expecting anything in return?

Week 4: Toward Maturity – Perseverance, Struggle, Holiness

Focus: Consolidate, purify intentions, commit to holiness as the ordinary path.

Formation:

- Read one letter of St. Paul per day (Philippians, Ephesians, Colossians, 1 Thessalonians).
- Study the Catechism: Articles 422–682 (Life in Christ and Eschatology).

Prayer:

- Nightly examination of conscience with three points: give thanks, repent, make a

resolution.
- Daily Rosary and Divine Mercy Chaplet (at 3pm if possible).
- Daily prayer of abandonment by Charles de Foucauld.

Sacraments:

- Attend daily Mass if possible.
- Go to Confession again and make a resolution for frequent sacramental life.

Practical Task:

- Write a formal commitment to Christian life (a brief “rule of life”).
- Speak with your parish priest, confessor, or spiritual director about your next step: vocation? deeper commitment? joining a service group?

✍ Write in Your Spiritual Journal:

- What is keeping me from giving myself completely?
- Am I willing to live God’s will above my own plans?

At the End of the Month:

- **Evaluate yourself:** What progress have I noticed in myself? What resistances still remain?
- **Renew your commitment:** Decide which practices you will continue moving forward.
- **Consecrate yourself to Mary:** Or renew your consecration if you’ve already made one. She is the Mother of spiritual growth.

In-Depth Spiritual Examination

Purpose: To better know your soul, discover God’s action in your life, and identify what separates you from Him.
Inspiration: “Examine yourselves to see whether you are in the faith” (2 Cor 13:5)

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1. My Relationship with God – Love and Prayer

- Do I love God above all things, or is there something that takes His place in my heart? (people, possessions, ego, comfort…)
- Do I speak to Him every day in prayer, or only when I need something?
- Do I pray out of routine and distraction, or do I put my heart into it?
- Have I neglected Mass, Adoration, the Rosary, or other means of drawing closer to God?
- Do I trust in God even during difficulties, or do I complain and despair?
- Do I seek to do His will or impose my own?

> *"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." (Mt 22:37)*

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2. My Sacramental Life – Grace as Nourishment

- When was my last confession? Do I go regularly and sincerely?
- Do I receive the Eucharist in a state of grace, with preparation and devotion?
- Have I committed sacrileges or received the sacraments without faith or repentance?
- Do I respect what is sacred, or have I become indifferent?
- What place does Sunday and the Mass have in my week?

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3. My Interior Life – Virtue and Spiritual Combat

- Do I fight against my dominant sins (pride, lust, anger, sloth, envy, greed, gluttony)?
- Am I persistent in doing good, or do I give in to comfort?
- Do I seek to grow in virtue (humility, purity, obedience, temperance, charity)?
- Do I often fall into impure thoughts, judgments, criticisms, gossip?
- Have I opened the door to the devil through esoteric practices, superstitions, or lack of vigilance?

🙏 *4. My Relationship with Others – Charity and Justice*

- Do I love my neighbor as myself?
- Do I truly forgive, or do I hold on to grudges?
- Have I spoken ill of others, lied, slandered, or humiliated anyone?
- Am I just in my work, with my family, with my time?
- Have I been indifferent to others' pain, selfish, or cold-hearted?
- Do I serve, or do I expect to be served?

> *"By this everyone will know that you are my disciples, if you have love for one another." (Jn 13:35)*

🙏 *5. My Body and Senses – Temple of the Holy Spirit*

- Do I care for my body as a gift from God, or do I indulge in excess?
- Have I fallen into impurity (thoughts, looks, actions, pornography, masturbation, fornication, adultery)?
- Have I respected my sexuality according to God's plan?
- Do I use my eyes, ears, and mouth for what is good, or do I consume harmful content?
- Am I temperate in eating, drinking, talking, and resting?

🙏 *6. My Mission in the World – Witness and Apostolate*

- Do I live my faith with courage, or am I ashamed of it?
- Do I share the Truth or conform to worldly thinking?
- Am I a good example to those around me?
- Do I actively participate in my parish or community?
- What spiritual fruits has my life borne this month/year?

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7. *My Vocation and Purpose – Meaning and Fidelity*

- Am I sincerely discerning my vocation?
- Do I live my vocation (marriage, singleness, priesthood, consecrated life…) with love and dedication?
- Do I seek God's will or only pursue my own dreams?
- Do I feel called to more but hold back out of fear or laziness?

Conclusion of the Examination:

- What graces have I received from God lately that I haven't thanked Him for?
- What sin recurs most often in my life?
- What concrete step is the Lord asking me to take now?
- What must I give up to live more closely united to Him?

Recommendations:

- **Do this examination before the Blessed Sacrament**, in silence and without rushing.
- **Write your answers down.** Don't rush through it—consider reflecting on one section per day.
- **Make a good confession** after completing the examination.
- **Make a concrete resolution** with a date, a prayer, and accountability.
- **Speak with a spiritual director** if you have one. If not, ask God to send you one.